

Watchung Post

Watchung's Hometown Newspaper

NJ

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WATCHUNG - WARREN ROTARY CLUB

Meets every Tuesday
at 12:15pm
at the Twin Brooks
Country Club,
600 Mountain
Boulevard,
Watchung, NJ.
For more information
about the club and
upcoming events,
please call
Bob Aznar at
(908) 755-8724.

KNIGHTS OF COLUMBUS INSTALLS NEW OFFICERS

The installation for Knights of Columbus Council 14675, Watchung, New Jersey occurred on Sunday, June 22, 2014 at St. Mary's Stony Hill Roman Catholic Church. St. Mary's Father Brian Nolan along with Knights of Columbus District 64 District Deputy John Truglio presided over the ceremony.



Photo by: Camille Guerriero

(above, back row, l-r) Warden Wayne Osborne, Chancellor Albert Germaine, Lecturer Peter Szurick & side view of Financial Secretary Ben Barrameda. (front row, l-r) Treasurer Mike Guerriero, Two Year Trustee Tom Opalewski, Advocate Anthony Pangi, Deputy Grand Knight Richard Blundin and Grand Knight Harry L. Ladisheff.



Photo by: Harry Ladisheff

(above, l-r) Four of Watchung's former Grand Knights . District Deputy John Truglio, PGK Bill Mayerchak, PGK Dan Germaine, PGK Wayne Hanlon and PGK Dan Gallic. Not pictured is PGK Tom Sicola. In sequential order from first Grand Knight to current: Dan Gallic, Bill Mayerchak, Tom Sicola, Dan Germaine, Wayne Hamlin. Harry Ladisheff is the current Grand Knight.

GARDEN CLUB INSTALLS NEW EXECUTIVE BOARD

All members will be hard at work in the weeks ahead preparing for the Club's fund raiser to support its community activities. A luncheon is planned for November 12 to be held at the Twin Brooks Country Club in Watchung. Guest speaker will be floral designer Carl Lemansky of Berkeley Heights. The noontime event also will feature raffles of baskets and floral centerpieces.

For further information about the event or club activities, call 908-754-0784.

(right, l-r) The Garden Club installed its new Executive Board at the June meeting: The officers are Tracy Jacobus, President; Pat Pacio, Recording Secretary; Rose Anne Barr, Corresponding Secretary; and Marta Blumberg, Vice President. Absent was June Rosko, Treasurer.



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Watchung Post

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Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

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Watchung Recreation Summertime Tennis Tune-Up
2014 Competitive Tennis Mini Camp
 at Mobus Tennis Courts

Open to all players 8th grade and up through high school

Dates: August 12, 13, 14 Rain date 15th
 Time: 9:00 am to 12:00 pm

Purpose: program designed for the competitive youth player to prepare for tournament/match preparation and fall high school season play

Program Format:

- warm-up/stretching
- situation drills
- strategy (doubles)
- Round Robin competition

Sign up by Friday, August 8th
 Cost: \$120.00 for 3 day mini camp
 Limited space - no refunds

Program Leader:
 Curt Weaver
 Bridgewater-Raritan H.S. Tennis Coach

Interested call 908-229-7017 or 908-756-0080 ext. 210
 Or go to watchungnj.gov to sign up online.



WATCHUNG FIRE DEPARTMENT



VOLUNTEERS NEEDED 908-756-0091

CUB SCOUTS SELL COOKIES AND LEMONADE TO HELP LIBRARY FUND

Cub Scouts from Pack 32 selling cookies and lemonade to benefit the New Library Building Fund, part of the Watchung Community Fund. The scouts raised more than \$113.



(above, l-r) Will Kinder, John Santucci and Michael Mattiassi

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Sept. 20th, 9:00 AM - 11:30 AM
 (Rain Date Sept. 21st)

PROMOTE YOUR COMMUNITY EVENT

Community service organizations and sports teams are encouraged to submit news of upcoming events or highlights and photos on recent events.

Organizations who are interested in submitting content can email Lynn Sjurset at lynn@rennamedia.com.



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Sciatica, Stenosis and Herniated Discs May Be to Blame for Pain and Numbness in Legs



What are patients saying?

"I have had neck pain and arm pain for seven years from several herniated discs in my spine. I have tried other chiropractic and physical therapy treatments with little success. I have completed the DRX treatment four weeks ago and I am symptom free. Thanks to Performance Rehab I have gotten my life back."

- Melissa Miller, Phillipsburg, NJ

Who is a candidate for treatment?

There are many types of symptoms that can be relieved including:

- Back/Neck pain
- Leg pain
- Chronic low back pain
- Sciatica
- Stenosis
- Neuropathy
- Herniated/Degenerated discs

"Hi, I am Dr. Spaggiola, clinic director of Performance Rehabilitation & Integrated Medicine, and if you suffer with back or neck pain, I invite you to try non-surgical Spinal Decompression. Did you know that 30 million Americans suffer from back pain every day? This pain affects everything that you do, from work to play and ultimately your quality of life. I am here to tell you that there is hope. You can get rid of your back pain and get your life back. At Performance Rehabilitation & Integrated Medicine, we have helped hundreds of back pain sufferers just like you. We only offer the most advanced non-surgical treatments. We are so confident that we can help eliminate your back pain, we are offering one free visit to see if treatment can help you. There is no obligation and the only thing you have to lose is your pain."

— Ron Spaggiola, DC

The Truth about Surgery

- Costs can exceed \$100,000
- Prescription pain medications will be introduced
- Surgery may not solve your pain problems
- Surgery can lead to even more surgery in the future
- Recovery time can be painful and prolonged
- Surgery cannot be undone if outcomes are not favorable
- Missed time away from work, family, friends
- Quality of life can be reduced

About Performance Rehabilitation & Integrated Medicine

The team of medical providers at Performance Rehabilitation & Integrated Medicine understand what individuals in pain are experiencing. Each has a deep commitment to your health and to you as a person. During your first visit you will receive personalized attention from a seasoned staff of medical doctors, physical therapists and acupuncturists. An analysis of your condition by the medical team in conjunction with a detailed treatment plan will be described in as much detail as possible. There is no pressure to accept treatment as the staff at Performance Rehabilitation & Integrated Medicine strives to create a relaxed environment by educating patients about their options. The ultimate decision maker is the patient.

What makes Performance Rehab's Approach so different?

The medical providers of Performance Rehabilitation & Integrated Medicine have made it their mission to treat patients without surgery or drugs. After years of study, training and trials, they have chosen only the most effective non-surgical options and have brought them together all under one roof.

• **Non-Surgical Spinal Decompression** — Non-surgical spinal decompression is an FDA cleared technology that can relieve disc herniations, sciatica, stenosis and general pain and numbness in the back, neck, legs and feet. Non-surgical spinal decompression does this by using advanced technology to control treatment duration, distraction/angle, intensity, and relaxation of the spine, thus creating a vacuum effect which pulls the disc back into its normal position and brings in a fresh blood supply to promote healing. The treatment is gentle and soothing, with no discomfort to the patient.

• **Specialists in Pain Management** — A medical specialty also known as Physical Medicine and Rehabilitation (PM&R). This methodology gives particular focus to non-surgical orthopedic treatment, sports injuries and Peripheral Neuropathy.

• **Cold Laser** — A comfortable, non-invasive procedure which is successful in treating chronic conditions without pain or discomfort to patients.

• **Physical Therapy** — A traditional treatment methodology aimed at the treatment and curing of certain ailments common to patients suffering with chronic or severe pain. Its primary aim is to bring back the patient to his/her normal self, free of any pain or suffering.

• **Acupuncture** — Through clinical trials, acupuncture has been proven effective in treating various medical conditions including back and neck pain and has been expanded into conventional medicine practices throughout the world.

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— Ron Spaggiola, DC (Clinic Director)

— Joseph Mejia, DO, F.A.A.P.M.&R. (Medical Director)

Why pain pills are NOT a long-term game plan

People often cover their pain by relying on prescription or even nonprescription pain pills. While this may work in the short term, the side effects can be alarming. How many people do you know are addicted to pain medications? How did the addiction start? The answer to this question is typically the same. Due to an injury, medications were prescribed which gave temporary relief and soon enough, the medication became necessary to function at all. Countless individuals have been innocently entangled with prescription pain pills while initially using them as prescribed.

Can time heal pain?

Yes, in some cases time can heal pain but that is not generally the case. At Performance Rehabilitation & Integrated Medicine we have treated too many people that have needlessly suffered for years with back and neck pain. They have also spent a fortune on everything from buying new mattresses to medications. It doesn't have to be that way. The doctors and staff at Performance Rehabilitation & Integrated Medicine have literally helped thousands of local residents relieve their pain without drugs or surgery.

Surgery should not be taken lightly

Some severe back injuries require surgery but most do not. At Performance Rehabilitation & Integrated Medicine, we believe that surgery should only be considered when all other options have been exhausted. If your back or neck pain is so severe that you are considering surgery we invite you to ask yourself this question: "If there is a long-term solution to back/neck pain that doesn't require surgery, is it worth an hour of my time to find out more?"

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NOT IN OUR SCHOOLS!

"Not in Our Towns" invited two Watchung Hills High School seniors, Catherine Higgins & Engy Gadelmawla as well as two WHRHS teachers, Jamie Lott-Jones and Mary Sok to the annual National Leadership "Not In Our Towns" Conference in Billings, Montana held at the end of June. On June 20 2014, educators and students from around the nation convened in Billings for an inspiring day of stories, tools, and strategies for promoting school safety and inclusion. Higgins and Gadelmawla participated in the opening ceremonies and were asked to be conference presenters. The two High School seniors spoke at the Conference about the successful anti-bullying campaign they first began in 2010 at the High School. Their innovation and creativity has led to national recognition of their efforts and has included initiatives such as the production of The Watchung Hills High School cyber-bullying video and the first ever White Out held at the High School to promote anti-bullying and inclusion.

Catherine and Engy gave a presentation about

their efforts and their trip to Montana to the members of The Watchung Warren Rotary. To support the two students and their teachers in their endeavors, the Rotary gave a \$1000 donation to the two young women at a recent Rotary meeting held at Twin Brooks Country Club located in Watchung, NJ. The Watchung-Warren Rotary Club, chartered in 1961, consists of local business and professional people dedicated to helping young people in their

communities and throughout the world. Their motto is "Service Above Self" and serves as the basis of a common purpose...to help those in need. Many of their fundraising efforts are dedicated to providing financial assistance to youth related programs. Those interested in obtaining more information about The Watchung-Warren Rotary Club should contact the Club's President, Mark Spinelli at mark@spincpa.com



(above, l-r) Pamela Singh, First Vice President Elect of the Watchung Warren Rotary; Elizabeth Jewett, Superintendent of Watchung Hills Regional High School District; Engy Gadelmawla, Catherine Higgins and Mark Spinelli, President of the Watchung Warren Rotary.

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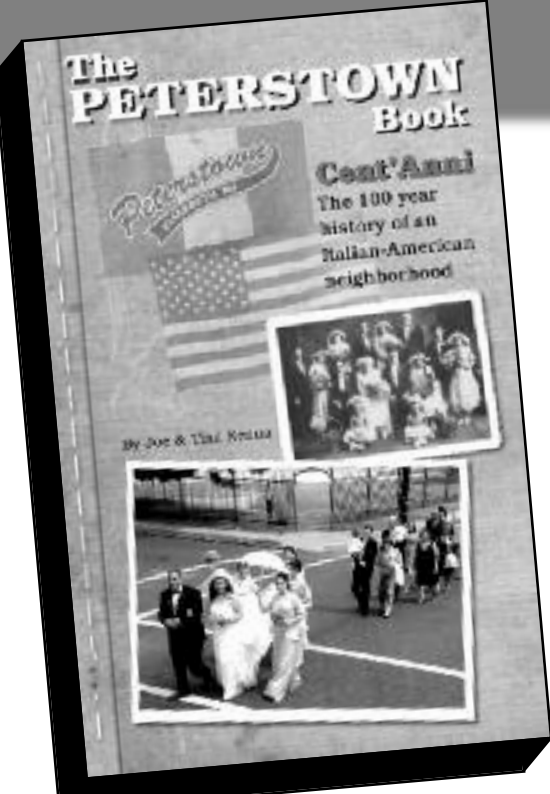



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GREAT CHRISTMAS GIFT FOR THE ENTIRE FAMILY



CHELSEA SPEARHEADS FUNDRAISER FOR MOBUS FAMILY

Submitted by The Chelsea at Warren

The Chelsea at Warren assisted living residence is launching a dinner-to-go fundraiser for Quaid Mobus, 21, nephew of a long tenured Chelsea employee, who was paralyzed following an accident on an all-terrain vehicle last September.

The latest in a series of fundraisers to help the Mobus family pay mounting medical bills, "Take it To Go for Our Hometown Bro" will offer a fabulous dinner for pick-up at the Chelsea on September 12th for a donation of \$15. The dinner includes a choice of a Pulled Pork Sandwich or Barbeque Chicken with coleslaw, corn bread, potato salad, corn and dessert. The food will be prepared by The Chelsea's outstanding head chef, Mike Nodine, and all proceeds will be donated to the cause.

Dinners may be ordered starting now, through September 5th by calling the Chelsea at 908-

903-0911. Specify your choice of entrée, then pick it up on September 12th at The Chelsea, 274 King George Road, Warren, between 4:30 PM and 7:00 PM.

All proceeds benefit the Michael Bruce Fund supporting individuals with spinal cord injuries, including Quaid Mobus.

Quaid's journey began last September, the evening before his sister was to be married, when his ATV hit an obstruction in the road, throwing him into a tree. His resulting paralysis and loss of a kidney began a series of surgeries and hospital stays that finally ended months later with his return home and the beginning of a "new normal" for him and his family. Funds are required to continue adapting his home to his motorized chair and other changes necessary to facilitate Quaid's mobility, not to mention his ongoing medical needs.

DINNER TO GO FOR OUR HOMETOWN BRO!

Support Quaid Mobus
\$15 Dinner includes sides
BBQ Chicken or Pulled Pork Sandwich

Call 908-903-0911 to order
Order by Sept. 5. Pick up Sept. 12, 4:30pm-7:00pm

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